3. Poor Mental Health

Measure Definition: *"Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?"* [**Seven or more days of poor mental health**]

Why is poor mental health important to public health?

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity.[4] Mental health is one of the Healthy People 2010 Leading Health Indicators that reflect the major health concerns in the U.S. at the beginning of the 21st century. The Global Burden of Disease study conducted by the World Health Organization, the World Bank, and Harvard University, revealed that mental illness ranks second in the burden of disease in established market economies such as the U.S.[5] Approximately 20% of the U.S. population is affected by mental illness in any given year.[6] The BRFSS mental health question is an attempt to obtain a global measure of recent mental and emotional distress.[7] It is one of a set of four health-related quality of life (HRQOL) questions developed by the Centers for Disease Control and Prevention (CDC) and included on the BRFSS since 1993.

For this report, we looked at the percentage of adults who reported seven or more days of poor mental health in the past 30 days. Previous Utah Department of Health (UDOH) reports have used one or more days in the past 30 days as a measure of poor mental health. This previous measure generally identified a greater percentage of the population than the known prevalence of depression. This measure identified too many people with moderate or low risk. UDOH staff met in 2004 to select a number of days in the past 30 days that could be used to identify a population at risk, compare the burden of poor mental health across different populations, and assess how chronic diseases and chronic disease risk factors affected mental health. Taking all of these factors into consideration, the group chose seven or more days of poor mental health in the past 30 days as the UDOH BRFSS indicator of recent poor mental health. That measure identified a percentage of the population similar to the known prevalence of depression and had good positive association with fair or poor health. It also had an intuitive appeal in that a week or more of poor mental health each month seemed like a significant burden on an individual.

Risk factors for poor mental health

Risk factors that are common to many mental disorders include individual factors such as neurophysiological deficits, difficult temperament, chronic physical illness, and below-average intelligence; family factors such as severe marital discord, social disadvantage, overcrowding or large family size, paternal criminality, maternal mental disorder, and admission into foster care; and community factors such as living in an area with a high rate of disorganization and inadequate schools.[4]

Poor mental health in Utah

Using the combined 2001–2005 data, the age-adjusted percentage of Utah adults reporting seven or more days of poor mental health was 15.0%. This percentage for the entire U.S. adult population was 15.1%. The corresponding crude rate in Utah was slightly higher at 15.6%, most likely due to the fact that Utah has a younger population than the U.S., and poor mental health is more likely in younger adulthood. Using the overall crude percentage, this means that in 2003 approximately 257,900 Utah adults had seven or more days of poor men-

Utah Objective: No objective listed.
HP2010 Goal: Overarching – Improve the quality and years of healthy life and eliminate health disparities.

Poor mental health in Utah (continued)

tal health. This percentage varied among Utah's local health districts, from a low of 11.2%, age-adjusted, in Summit County to a high of 18.0% in Southwest Utah. The Summit County rate was lower than the state rate. Southwest Utah was the only local health district higher than the state rate.

Overall, the small area percentages for this poor mental health measure ranged from a low of 7.2%, age-adjusted, in American Fork/Alpine to a high of 24.6% in Magna.

Within the Davis County health district, Farmington/Centerville and Woods Cross/North SL had rates lower than the state rate. In the Salt Lake Valley health district, South Jordan's rate was less than the state rate, and Glendale and Magna had higher rates than the state rate. In the Southwest Utah health district, St. George had a higher rate than the state rate. In the Utah County health district, the American Fork/Alpine small area rate was lower than the state rate. In the Weber-Morgan health district, the Ben Lomond small area rate was higher than the state rate.

The percentage of adults reporting seven or more days of poor mental health varied by health status and risk factors as illustrated in the graphs below.

Figure 3.A: 7+ Days of Poor Mental Health by Health Status, Utah Adults, 2001-2005
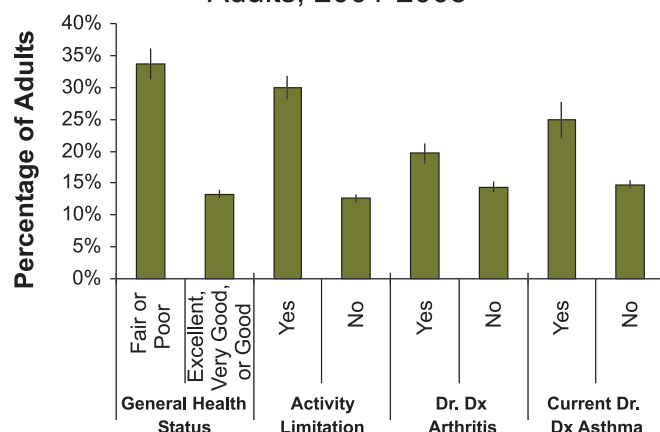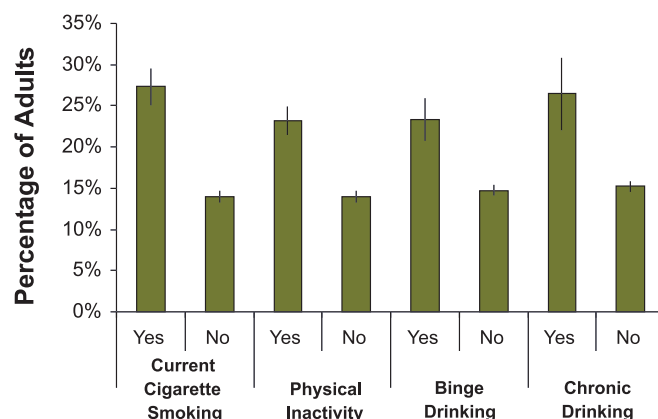
Figure 3.B: 7+ Days of Poor Mental Health by Selected Risk Factors, Utah Adults, 2001-2005
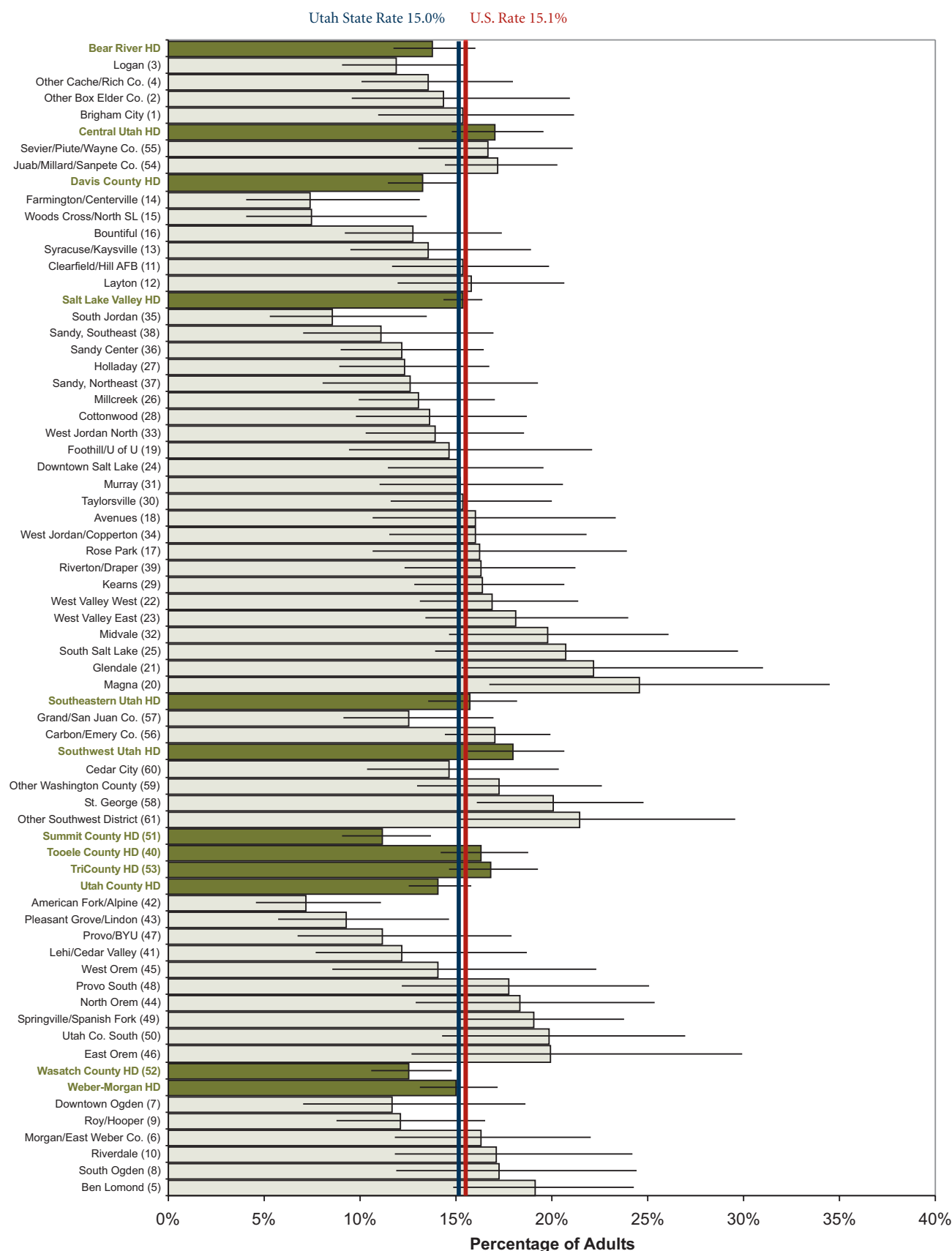
Prevention/Resources

The Utah Division of Substance Abuse and Mental Health is the state agency responsible for ensuring that prevention and treatment services for substance abuse and mental health are available statewide. The Division also acts as a resource by providing general information, research results, and statistics to the public regarding substances of abuse and mental health services. The Division contracts with community mental health centers to provide these services and monitors these centers through site visits, a year-end review process, and a peer review process. More information is available, including help in locating prevention and treatment services, on the Division's website at http://www.dsamh.utah.gov. The U.S. Substance Abuse and Mental Health Services Administration has information on its website at http://www.samhsa.gov.

3. Poor Mental Health

Figure 3.1: Seven or More Days of Poor Mental Health by Local Health District and Small Area, Utah, 2001–2005 (Age-adjusted)

Utah Behavioral Risk Factor Surveillance System Local Health District Report 2001–2005, Utah Department of Health
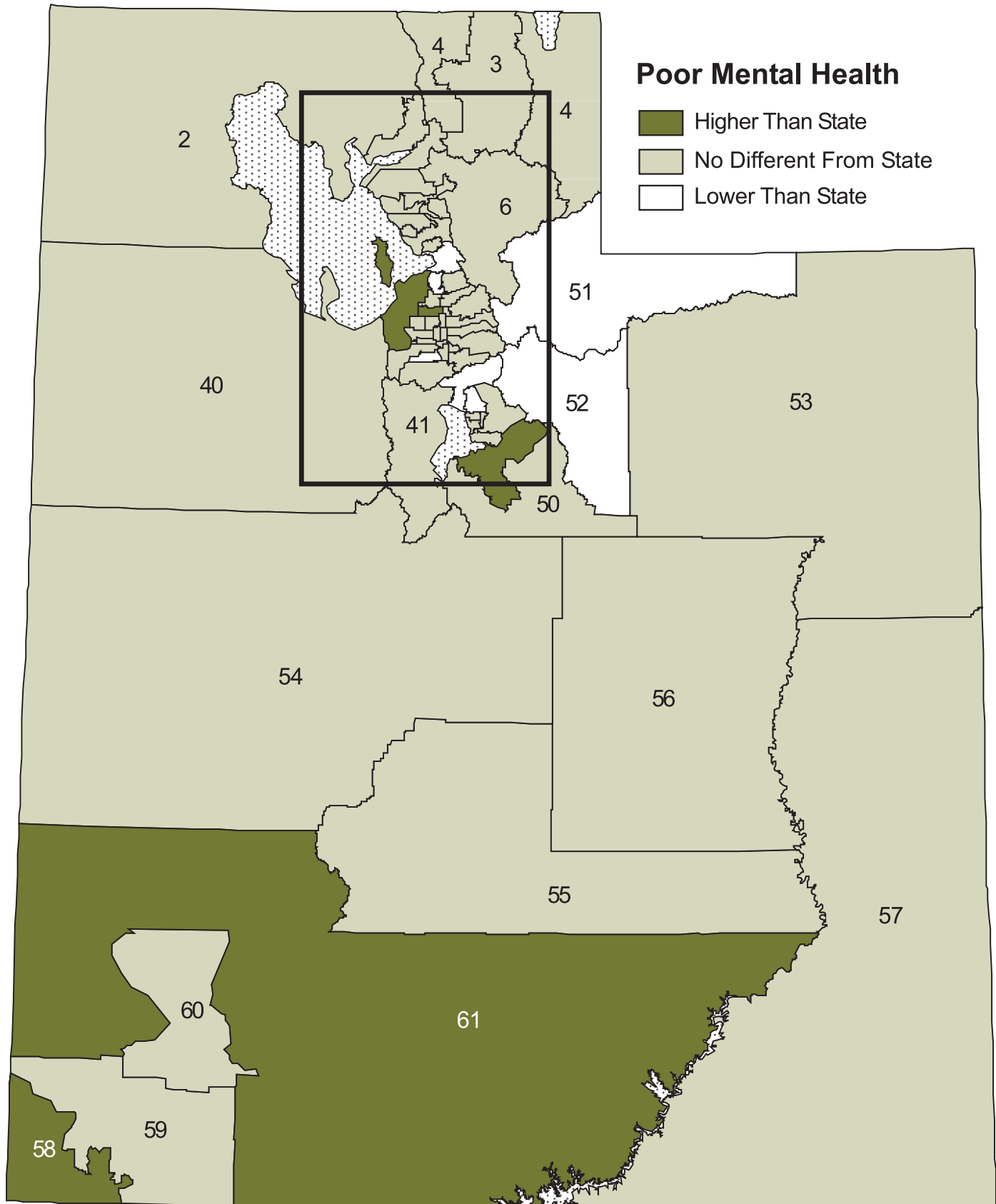
Table 3: 7+ Days Poor Mental Health by Health District, Small Area, Utah, and U.S., 2001-2005

State Rank*	State, Health District, or Small Area	2003 Population 18+	Number of Adults Reporting 7+ Days Poor Mental Health	Crude Rate	Age-adjusted Rate	95% Confidence Interval	
						Lower	Upper
	U.S.	217,803,051	32,801,139	15.1%	15.1%	15.0%	15.2%
	State of Utah	1,657,454	257,900	15.6%	15.0%	14.4%	15.6%
	Bear River HD	98,027	14,528	14.8%	13.7%	11.7%	16.0%
32	Brigham City (1)	14,566	2,679	18.4%	15.4%	11.0%	21.1%
10	Logan (3)	45,904	6,688	14.6%	11.9%	9.0%	15.5%
25	Other Box Elder Co. (2)	14,636	2,021	13.8%	14.3%	9.6%	21.0%
20	Other Cache/Rich Co. (4)	22,921	3,149	13.7%	13.5%	10.1%	18.0%
	Central Utah HD	47,558	8,018	16.9%	17.0%	14.8%	19.5%
46	Juab/Millard/Sanpete Co. (54)	31,637	5,378	17.0%	17.2%	14.5%	20.3%
41	Sevier/Piute/Wayne Co. (55)	15,921	2,646	16.6%	16.7%	13.0%	21.1%
	Davis County HD	175,027	24,329	13.9%	13.2%	11.5%	15.2%
18	Bountiful (16)	33,318	4,661	14.0%	12.7%	9.2%	17.4%
31	Clearfield/Hill AFB (11)	37,329	6,365	17.1%	15.3%	11.7%	19.9%
2	Farmington/Centerville (14)	19,034	1,391	7.3%	7.4%	4.1%	13.1%
33	Layton (12)	46,815	7,668	16.4%	15.8%	11.9%	20.7%
21	Syracuse/Kaysville (13)	24,542	3,159	12.9%	13.6%	9.5%	19.0%
3	Woods Cross/North SL (15)	13,989	1,121	8.0%	7.5%	4.0%	13.5%
	Salt Lake Valley HD	658,810	104,487	15.9%	15.3%	14.3%	16.4%
34	Avenues (18)	18,959	3,030	16.0%	16.0%	10.6%	23.3%
22	Cottonwood (28)	33,297	4,821	14.5%	13.6%	9.8%	18.7%
28	Downtown Salt Lake (24)	42,808	6,879	16.1%	15.1%	11.4%	19.6%
27	Foothill/U of U (19)	17,778	2,844	16.0%	14.7%	9.4%	22.1%
60	Glendale (21)	18,642	4,239	22.7%	22.2%	15.3%	31.0%
14	Holladay (27)	35,956	4,480	12.5%	12.3%	8.9%	16.7%
40	Kearns (29)	42,995	7,541	17.5%	16.4%	12.8%	20.7%
61	Magna (20)	15,623	3,450	22.1%	24.6%	16.8%	34.5%
54	Midvale (32)	21,672	4,449	20.5%	19.7%	14.6%	26.1%
19	Millcreek (26)	44,008	5,589	12.7%	13.1%	9.9%	17.0%
29	Murray (31)	24,072	3,878	16.1%	15.2%	11.0%	20.6%
37	Riverton/Draper (39)	41,391	6,854	16.6%	16.3%	12.3%	21.2%
36	Rose Park (17)	22,639	4,086	18.1%	16.2%	10.7%	23.9%
13	Sandy Center (36)	36,106	4,539	12.6%	12.2%	9.0%	16.4%
17	Sandy, Northeast (37)	18,245	2,284	12.5%	12.6%	8.0%	19.3%
6	Sandy, Southeast (38)	20,781	2,465	11.9%	11.1%	7.0%	17.0%
4	South Jordan (35)	20,931	2,028	9.7%	8.5%	5.3%	13.5%
58	South Salt Lake (25)	18,456	3,793	20.6%	20.7%	13.9%	29.7%
30	Taylorsville (30)	27,372	4,727	17.3%	15.3%	11.6%	20.0%
23	West Jordan North (33)	30,391	4,513	14.9%	13.9%	10.3%	18.6%
35	West Jordan/Copperton (34)	26,360	4,104	15.6%	16.0%	11.5%	21.8%
50	West Valley East (23)	35,527	6,818	19.2%	18.1%	13.4%	24.0%
43	West Valley West (22)	44,794	8,363	18.7%	16.9%	13.2%	21.4%
	Southeastern Utah HD	36,828	5,804	15.8%	15.7%	13.5%	18.1%
44	Carbon/Emery Co. (56)	21,451	3,645	17.0%	17.0%	14.5%	20.0%
15	Grand/San Juan Co. (57)	15,377	2,062	13.4%	12.6%	9.2%	17.0%
	Southwest Utah HD	116,150	20,663	17.8%	18.0%	15.6%	20.6%
26	Cedar City (60)	22,401	3,609	16.1%	14.7%	10.4%	20.3%
59	Other Southwest District (61)	15,384	2,795	18.2%	21.5%	15.1%	29.6%
47	Other Washington County (59)	32,503	5,652	17.4%	17.3%	13.0%	22.6%
57	St. George (58)	45,862	8,608	18.8%	20.1%	16.1%	24.8%
8	**Summit County HD (51)**	24,525	2,752	11.2%	11.2%	9.1%	13.7%
39	**Tooele County HD (40)**	32,458	5,291	16.3%	16.3%	14.2%	18.7%
42	**TriCounty HD (53)**	28,023	4,845	17.3%	16.8%	14.6%	19.3%
	Utah County HD	278,832	42,717	15.3%	14.1%	12.6%	15.9%
1	American Fork/Alpine (42)	26,819	1,853	6.9%	7.2%	4.6%	11.1%
56	East Orem (46)	14,955	2,916	19.5%	19.9%	12.7%	29.9%
12	Lehi/Cedar Valley (41)	18,752	2,449	13.1%	12.1%	7.7%	18.7%
51	North Orem (44)	25,965	4,295	16.5%	18.3%	12.9%	25.4%
5	Pleasant Grove/Lindon (43)	24,636	2,501	10.2%	9.3%	5.7%	14.6%
7	Provo/BYU (47)	39,401	5,725	14.5%	11.1%	6.7%	17.9%
49	Provo South (48)	48,138	7,009	14.6%	17.7%	12.2%	25.0%
52	Springville/Spanish Fork (49)	41,036	8,261	20.1%	19.0%	15.1%	23.8%
55	Utah Co. South (50)	17,363	3,664	21.1%	19.8%	14.3%	26.9%
24	West Orem (45)	21,774	3,712	17.1%	14.1%	8.6%	22.3%
16	**Wasatch County HD (52)**	12,514	1,638	13.1%	12.6%	10.6%	14.8%
	Weber-Morgan HD	148,702	22,855	15.4%	15.1%	13.2%	17.2%
53	Ben Lomond (5)	33,215	6,112	18.4%	19.1%	14.9%	24.3%
9	Downtown Ogden (7)	21,684	2,301	10.6%	11.6%	7.1%	18.6%
38	Morgan/East Weber Co. (6)	24,131	4,020	16.7%	16.3%	11.8%	22.0%
45	Riverdale (10)	15,522	2,715	17.5%	17.1%	11.8%	24.2%
11	Roy/Hooper (9)	27,898	3,507	12.6%	12.1%	8.8%	16.5%
48	South Ogden (8)	26,255	4,455	17.0%	17.3%	11.9%	24.4%

*State rank is by 61 small areas for age-adjusted rate; 1 is always the lowest rate in the state and 61 is always the highest rate in the state.

Figure 3.2: 7+ Days of Poor Mental Health by Small Area, Utah Adults Aged 18+, 2001–2005 (Age-adjusted)

Poor Mental Health

- Higher Than State
- No Different From State
- Lower Than State

Figure 3.3: 7+ Days of Poor Mental Health by Small Area, Wasatch Front Adults 18+, 2001–2005 (Age-adjusted)